

In Carmel, Prayer becomes Life and Life Flourishes in Prayer

~Pope Saint John Paul II

The word Lent is derived from an Old English word *lencten* (to lengthen—lengthening of days). As Lay Carmelites with the charisms of prayer, service, and community, we open our hearts during Lent to “lengthen” our time with Jesus, especially in prayer.

Lay Carmelites live an intense life of prayer focused on our Lord. We pray the Liturgy of the Hours both personally and in community. During Lent, praying with the Holy Catholic Church in the Liturgy, demonstrates our personal relationship with the Triune God. This recognition of God in deep prayer has at its “*essence not as much in thinking as in much in loving*”. (Saint Teresa of Jesus, The Interior Castle).

This Lent draw close to God by delving into prayer with the Carmelites. Pray *Lectio Divina*, (praying the Holy Bible) here: <http://www.carmelites.net/about/prayerful/lectio-divina/>

Spend time in His Presence during the day and then at night pray Night Prayer before falling asleep. Click on this link: <https://carmelprays.com/> Go to the bottom of this page and click on the day.

The meditative and loving prayer prayed in the Liturgy of the Church, will increase your time with our Lord during the lengthening of daylight in Lent. What a perfect time to begin.

Praying unceasingly, we are with Christ Jesus our Lord as He enters into His Passion for us.

If this Carmelite charism speaks to your heart, please contact:

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